

CCCA Wellness Policy & Activities

School Nutrition Program-FY16

CCCA promotes nutritional education and physical activity and evaluates children and adolescent patient nutritional needs as follows:

Admissions-The “Initial Nursing Assessment” includes a Nutritional Screening for all children and adolescents upon admission. Referrals are made to Western State Hospital (WSH) Nutrition Services as needed.

WSH Nutrition Services-Registered dietician is available for all CCCA patients as needed for dietary consultations. Registered dietitians plan and coordinate all CCCA School Food menus for breakfast, lunch and snacks.

Infection Control Practitioner-Provides food safety training as part of the new employee orientation and on-going infection control training for all staff and additional training is provided to direct care staff about proper food handling techniques.

Recreation Therapy-Provides discussion of nutritional activities including nutritional discussion during cooking class activities and other activities. Provides therapy in individual and group sessions for after-school and evening recreational activities and stress reduction techniques including relaxation, yoga and other coping skills.

CCCA School-Provides nutritional education in Life Skills classes which encourages all students to make healthy food choices; provides Physical Education classes for all students and encourages attendance to promote physical activity for students. The School also provides additional wellness activities through a morning Walk & Talk program prior to the start of the school day and a Mind & Body Fitness activity following the lunch meal break.

